

Note: Level 180 skills (novice) in blue

NSSA Swivel Difficulty Chart

Note: Level 360 skills (intermediate) in red

Year 2024	Level 2 (Novice)	Level 3 (Basic)	Level 4 (180)	Level 5 (360)	Level 6 (Reverse)	Level 7 (Combo/720)	Level 8 (540/720)	Level 9 (900/1080)	Level 10 (1440)
Toe/Knee	Toe hold	180 toe turn	Toe/Knee deep swan		Opposite toe turn	360 toe wrap	540 Toe wrap		
	Heel hold	Toe hold at knee	180 knee turn			Back bend to toe swan			
	Knee hold								
Flips		180 flip turn	180 flip leg around		Reverse flip (3 seconds)				
		180 flip/ extend	180 leg around flip	360 flip/extend					
		180 flip/ hand to hand extend	180 extended flip	360 extended flip	Reverse extension				
Hand to Hand		180 hand to hand	180 leg around hand to hand	360 hand to hand	Reverse hand to hand	Mic drop	Osmosis		
		180 hand to hand extend	180 extended hand to hand	360 extended hand to hand	Wrap in L/Handle catch R				
			180 legover rope						
Wrap Tricks	Rope between legs		180 rope between the legs	360 rope between the legs	Pretzel wrap*		720 pretzel wrap	1080 pretzel wrap	
	Rope between legs/leg on rope		180 wrap in/wrap out	360 wrap in/wrap out	Reverse wrap in/wrap out	1 arm wrap in/ wrap out	720 wrap in/wrap out*	1080 wrap in/wrap out	
	Maya		180 rollover	KC wrap		Reverse 360 rollover			
Overheads				Wrap in/wrap out to extended flip	Reverse KC wrap	Wrap in/wrap out to reverse wrap in/wrap out			
				360 overhead	Reverse overhead	720 overhead*		1080 overhead*	1440 or 1800 overhead* (4 or 5 spins)
					1 arm overhead (R & L)*		1 arm 720 overhead*		1 arm 1080 overhead* (3 spins)
Split Catch		180/360 extension to split catch	Roll over split catch	180/360 split catch	Reverse split catch				1 arm 1440 overhead* (4 spins)
				360 step over	Reverse step over				
			180 flip press (fake press)	180/360 overhead press	Reverse press	Pull up 360	540 overhead press*	900 overhead press* (2.5 spins)	1260 overhead press* (3.5 spins)
Presses						1 arm overhead press*	Press to 540 overhead*	Press to 900 overhead* (2.5 spins)	Press to 1260 overhead* (3.5 spins)
				Overhead press to extended flip			Back to back meltdown	1 arm extended press/540 overhead	1 arm extended press/900 or 1260 OH
				Press to split catch			Back to back*	Back to back 720* (2 spins)	Back to back 1080 or 1440* (3 or 4 spins)
Melt				Extended flip to overhead press (pull press)	1 arm pull press			1 arm back to back	
					Reverse meltdown		540 reverse meltdown	1 arm 540 reverse meltdown	
					360 reverse meltdown (flip reverse meltdown)		720 reverse meltdown	1 arm 720 reverse meltdown	
Combination			180 hand to hand/back toe turn	Shove ski around	Overhead press/rope between legs (or wrap)*	Reverse meltdown/split catch	540 reverse meltdown/knee turn	900 reverse meltdown (2.5 spins)	1260 reverse meltdown (3.5 spins)
				Rope between legs to split catch	1 arm overhead/wrap in/wrap out	Reverse meltdown/rope between the legs	Pretzel (540 in to 540 out)	540 reverse meltdown/split catch	1 arm pretzel (540 in/540 out)
					Split catch/wrap in	1 arm rope between legs wrap 1 arm wrap		Stuffed Pretzel (540 in to 540 out)	
Specials	Standing start, dock, or beach			Wrap start			360 wrap out start		
	Sitting start	Sitting rope between legs or wrap start		Sitting toe start			Sliding toe/back toe start		
	Arm/Leg ballet			Ski backwards shove it start			Backward start		
	Swan			Rope between legs start			Press start		
	Bow/pistol squat			Toe hold landing			180 start		
	Kneel	RBL - landing		Special landings & positions			720 wrap start		

Outside Wake All outside wake tricks are 1 level higher than original skill Level 3 and above.

Notes Performing the same skill more than 2 times will not be scored *Denotes skills with allowable reverses. Reverses are the same value as basic skill.

Pretzel: 540 in - 540 out **KC Wrap:** Rope wrapped around ski leg while in a swan and spin out **Osmosis:** Same hand as ski leg, releases rope, perform R 360 & blind catch same hand

Stuffed Pretzel: 540 in - back to back OH - 540 out **Mic Drop:** Opp hand as ski leg, releases rope behind back, handle catch front **Rev Osmosis:** Opposite hand as ski leg, releases rope, perform R 360 & blind catch same hand

Prtzl Wrap: 360 wrap to with rope in hand swan, to 360 wrap out swan, to unwrap **Rev Mic Dp:** Same hand as ski leg, releases rope behind back, handle catch front **540 Osmosis:** Same hand as ski leg, releases rope, perform R 360 & blind catch OTHER hand, end in flip turn